

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE CATALINA 2020



Location (Start Two Harbours)	Running	Swimming	Fast	Slow
Start, Two Harbours - Ballast point beach	1 800		00:09	00:18
Ballast Point Beach – Catalina Harbor Boat Ramp		400	00:15	00:31
Catalina Harbor Boat Ramp - Isthmus Harbor Beach (Energy)	1 700		00:24	00:48
Isthmus Harbor Beach - Little fishermans Cove	600		00:26	00:54
Little Fisherman's Cove Point - Isthmus Harbor Beach (Energy)		400	00:33	01:07
Isthmus Harbor Beach - Fourth of July Cove	2 000		00:43	01:36
Fourth of July Cove – Isthmus Harbor Beach		800	00:56	02:03
Isthmus Harbor Beach - Finish line	100		01:57	02:04
Total distances (meters)	6 200	1 600		

Total distance (metres) 16 100

4 runs

3 swims

20,5% swimming